

WE CLAIM:

1. A composition comprising
 - a. Cocoa or cocoa extract; and
 - b. a plant derived dopamine D2 receptor agonist
2. The composition according to claim 1, wherein component a) is cocoa.
3. The composition according to claim 1, wherein said cocoa or cocoa extract comprises a mixture of pharmacologically active components.
4. The composition according to claim 1, wherein component a) comprises a compound selected from the group consisting of theobromine, theophylline, phenylethylamine, tyramine and tryptamine.
5. The composition according to claim 1, wherein component a) is in an amount of 1 mg to 250 gram per dose.
6. The composition according to claim 1, wherein the dopamine D2 receptor agonist is selected from the group consisting of *Vitex angus castus*, *Cimicifuga racemosa*, extract of *Vitex agnus castus* and extract of *Cimicifuga racemosa*.
7. The composition according to claim 1, wherein the dopamine D2 receptor agonist is selected from the group consisting of *Vitex angus castus* or extract of *Vitex angus castus*.

8. The composition according to claim 1, wherein the dopamine D2 receptor agonist is selected from the group consisting of *Cimicifuga racemosa* or extract of *Cimicifuga racemosa*.

9. A composition according to claim 1, further comprising a component selected from the group consisting of polyunsaturated fatty acids, copper, zinc, magnesium, vitamin B6, vitamin B12 and tocopherol.

10. A method of treating or alleviating depression, carbohydrate craving, chocolate craving and/or erectile dysfunction, comprising administering to a subject in need thereof an effective amount of a composition according to claim 1.

11. A method for treating, preventing and/or alleviating menopausal complaints, comprising administering to a subject in need thereof an effective amount of a composition according to claim 8.

12. A method for treating, preventing and/or alleviating premenstrual syndrome, comprising administering to a subject in need thereof an effective amount of a composition according to claim 7.

13. A composition comprising

- a. Cocoa or cocoa extract; and
- b. a plant extract selected from the group consisting of *Vitex angus castus*, *Cimicifuga*

racemosa, extracts of *Vitex angus castus* and extracts of *Cimicifuga racemosa*.

14. A composition according to claim 13, wherein component a) is cocoa.

15. A composition according to claim 13, wherein component a) comprises a mixture of pharmacologically active components.

16. A composition according to claim 13, wherein component a) comprises a compound selected from the group consisting of theobromine, theophylline, phenylethylamine, tyramine and tryptamine.

17. A composition according to claim 13, wherein component b) is selected from the group consisting of *Vitex angus castus* or extract of *Vitex angus castus*.

18. A composition according to claim 13, wherein component b) is selected from the group consisting of *Cimicifuga racemosa* or extract of *Cimicifuga racemosa*.

19. A composition according to claim 13, further comprising a component selected from the group consisting of polyunsaturated fatty acids, copper, zinc, magnesium, vitamin B6, vitamin B12 and tocopherol.

20. A method of treating or alleviating of depression, carbohydrate craving, chocolate craving and/or erectile dysfunction, comprising administering to a subject in need thereof an effective amount of a composition according to claim 13.

21. A method for treating, preventing and/or alleviating menopausal complaints, comprising administering to a subject in need thereof an effective amount of a composition according to claim 18.

22. A method for treating, preventing and/or alleviating premenstrual discomfort, comprising administering to a subject in need of an effective amount of a composition according to claim 17.